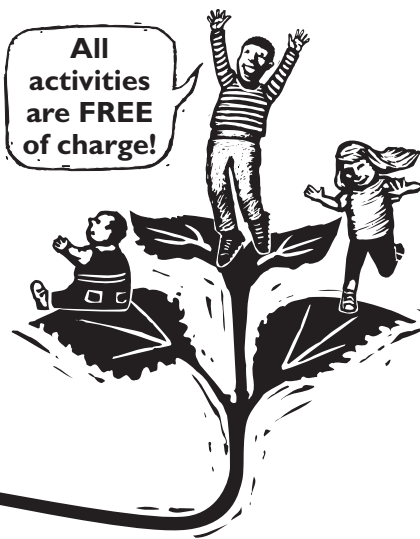


Growing Healthy Families

Bennington District Office, Vermont Department of Health
324 Main Street, Suite 2 • Bennington, VT 05201
1-802-447-3531 or 1-800-637-7347

All
activities
are **FREE**
of charge!



Spring 2010

Prenatal Childbirth Class

March (date to be determined)
10:00 a.m.–3:00 p.m.

Vermont Department of Health, WIC Office
324 Main Street, Bennington

Let us help you prepare for the birth of your baby! Learn what to expect during labor and delivery, relaxation and breathing techniques, and communication with the birth team. Wear comfortable clothing and bring a blanket and pillow. No charge for Medicaid clients. Partners, family and friends are welcome. Contact the Vermont Department of Health at 447-3531 to register or for more information. Light lunch provided.



Cooking for Life

Six-week class beginning in March
Manchester

Join us for six weeks of fun and learn new ways to cook healthy foods for your family. Topics include basic nutrition, cutting the fat, smart shopping, eating more fruits and vegetables, recipes, cooking demos and more. This series will be unique in that it will be filmed for Vermont Public Access Television. Contact the Vermont Department of Health at 447-3531 for further information and to register.

Baby Care Basics

Thursday, April 8; 12:00–2:00 p.m.
Vermont Department of Health
324 Main Street, Bennington



Are you pregnant? Learn how to care for your newborn. Topics include first day of life, bathing, cord care, circumcision care, feeding your baby, calming a crying baby, car seat information and more. Partners, friends and family members are welcome. A light lunch will be served. Sponsored by the Woman and Children's Unit at SVMC and the Vermont Department of Health. Contact the Vermont Department of Health at 447-3531 to register.

Container gardening

Wednesday, May 5; 10:00 a.m.
Vermont Department of Health
324 Main Street, Bennington

Your porch, patio or balcony is a potential garden waiting to happen. In this workshop for beginners, a master gardener will guide you through the ins and outs of growing flowers, herbs, and tasty organic vegetables in containers. Be prepared for a fun, hands-on workshop and wear comfortable clothing. Contact the Vermont Department of Health at 447-3531 to register.

